

Back and joint pain relief just got better.

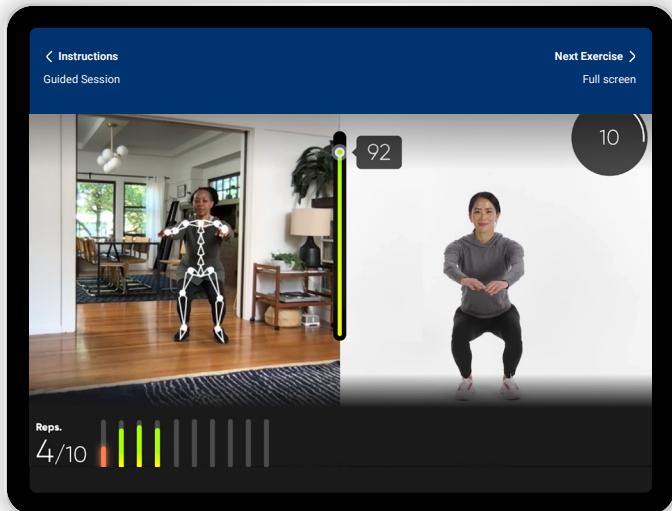
RecoveryOne™ for Cigna® adds motion tracking technology to program experience.



RecoveryOne for Cigna – an online exercise program included in your health plan benefits – is now even better with the addition of innovative, computer vision feedback technology.

This new feature, Motion Trainer, adapts and tracks body motion and exercise repetitions, providing visual and audio form corrections without the need for wearable sensors. Motion Trainer can help increase engagement and adherence – two key drivers of back and joint pain recovery, improved health outcomes, and reduced healthcare costs. Motion Trainer is now available for members newly enrolling in care pathways for acute and chronic back pain.

Neck, knee and shoulder pathways will quickly follow.



With RecoveryOne, your employees can access all of this at **no additional cost**:

- ✓ Online exercises they can do when they want, from the comfort and convenience of home
- ✓ Personalized programs to meet their needs
- ✓ A multimedia app to guide them through exercises with the support of Motion Trainer
- ✓ Unlimited video, voice and chat communications with their support team
- ✓ Weekly check-ins with a certified health coach to help keep them on track

Want to help improve employee health and company productivity?

Spread the word about RecoveryOne with communication tools available in the Engagement Center.

Visit recoveryone.com/tk

The program and services are provided by an independent company/entity and not by Cigna. Program and services are subject to all applicable program terms and conditions. Program availability is subject to change. This program does not provide medical advice and is not a substitute for proper medical care provided by a physician. Information provided should not be used for self-diagnosis. Always consult with your physician for appropriate medical advice. The downloading and use of the app is subject to the terms and conditions of the app and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

*Cost and usage of this program is covered by your plan administrator; no additional out-of-pocket expense applies for you or your covered dependents (ages 18+).